A STUDY ON NUTRITIONAL COMPOSITION, DOCUMENTATION OF TRADITIONAL FOODS OF KARNATAKA.

SYNOPSIS

KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY, VIJAYAPURA.

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By
TEJASHWINI PADAKATTI
Reg No: KSAWUV/Ph.D/530/2018-19

Under the Guidance of
Dr. Renuka Meti
Associate Professor
Department of Food Processing & Nutrition,
Karnataka State Akkamahadevi Women's University, Vijayapura.

Title

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Introduction:

Indian Cuisine reflects an 8000-year history of various groups and cultures. Indian Cuisine is known for being diverse, ancient, and steeped in tradition. India is known to be one of the largest countries in the world, but in history, it has dealt with other cultures and they have also influenced Indian Cuisine. Indian cuisine known to have the most varied foods; it is characterized by its subtle and sophisticated use of the many vegetables, grains, fruits, and spices that grow across the country (Krishan K 2013)

India's culture and religious beliefs play an important part in the development of the Indian cuisine. In 1194 AD, when the Muslim rule became established in India, Islamic influences began to reflect the cuisine. The use of meat and fish was the main difference from the Hindu cuisine. Central and West Asian cooking techniques and ingredients came about such as dates, nuts, rice, and grilling of meat into kebabs. Muslim rulers were famous for their lavish courts, great gourmets, and meal rituals and many dishes are now a part of today's Indian heritage. The Christian tradition is as old as Christianity itself. Like the Muslims, Christians are fish and meat eaters also but developed their own cooking techniques over time (Krishnakumar T. 2019)

Traditional foods are the foods based on sound foundation of culture, custom, natural environment and consumed by people over long time. Traditional foods are developed through ages invented, modified, utilized and evolved to overcome the monotony in the diet. The traditional foods are carefully held and not quickly changed (Vijayalakshmi Inamdar et al 2005). The eating traditions of every country & culture are the result of millennia of history. Geographical location & climatic conditions play a predominant role in the growing, harvesting & availability of food products influencing the food habits of the ethnic populations. Foods habits are symbolical to a particular culture. The methods of food preparation are diverse & are related to the types of available foods. Food is represented as part of the cultural traits of an ethnic community. The cultural background determines what shall be eaten as well as when & how it shall be eaten (Mandarin Mary Blah et al 2013)

South Indian meals comprise cuisines of five South Indian states namely Tamil Nadu, Karnataka, Kerala, Andhra Pradesh and Telangana, along with several local cuisines within these states. The region offers a wide variety of vegetarian and non-vegetarian dishes with each state holding its own uniqueness and food habits. Some authentic and popular South Indian dishes that are sure to delight taste buds include Chakra Pongal, Sambar and Vadai from Tamil Nadu, Rava Idli from Karnataka, Kadala Curry and Appam from Kerala and Kebabs and Biryanis from Andhra Pradesh. South India is known for its varied range of spices, many of which are being exported to different nations for centuries

Karnataka Cuisine

The state of Karnataka offers a wide range of appetizing platters and boasts of some lip-smacking dishes such as Masala Dosa, Idli and Vada that originated in the temple streets of the city of Udupi. The dishes of the region are less spicy as compared to other South Indian states and contains liberal amount of palm sugar and jaggery with the exception of Northern Karnataka cuisine which is real hot. Roti made of pearl millet and sorghum and rice are staple of North Karnataka cuisine which is usually taken with spiced and stewed lentils, spiced vegetable salads and eggplant dishes. Spicy condiments like pickles and chutneys are the common accompaniments of this cuisine which is famed for its spicy and hot nature. Seafood, coconut and coconut oil forms an integral part of coastal Karnataka cuisine. The gassi or gravy items prepared with chicken, meats and fish are taken with rice, the staple grain of the region. Preparations like Saaru, a dish like Rasam and Huli, a dish of vegetables and lentils made with different spices and coconut and then tempered with asafoetida, curry leaves and mustard are taken with rice. Side dishes like playa, accompaniments like gojju, tambli and Happala forms part of the meal. Pork, meats and chicken are used to prepare a variety of Coorg cuisine that witnesses an extensive use of Kokum while rice remains the staple. Steamed rice and the nutritious Ragi Muddle made of ragi (finger millet) flour and water are the staples of old Mysore cuisine, also referred as South Karnataka cuisine. The usual South Karnataka dishes include saaru, uppinakai, huli, and gojju among others (Krishan K 2013)

To understand the difference in the Indian cuisine one must try individual dishes as they all vary place to place, district to district, region to region, caste to caste. A cross the whole country, the traditional diet is extremely healthy, with vegetables and cereals forming the bulk of consumption. Fish and meat are eaten in very small quantities along with wheat and rice. Spices are generally used a lot of the time to ensure medicinal value such as turmeric and others. Hence the present study focuses on authentic and systematic documentation of typical recipes which are nowhere documented with proper use of ingredients, methods of preparations, time duration of preparation, processing of the foods, storage of traditional foods and nutrient estimation. The proposed objectives of the study are as follows

Objectives set on the topic were:

- To document the traditional foods preparation based on community, caste, creed, region & religion.
- To document the recipes of traditional foods of Karnataka.
- To study the various ingredients used in the preparation of traditional foods.
- To study the process of cooking methods used for the preparation of traditional foods.
- To evaluate the nutritional efficacy of traditional foods of Karnataka.

Review of literature:

Author	Title	Result	Year
Suparna Ghosh-Jerath, Archna Singh, Preeti Kamboj, Gail Goldberg & Melina S. Magsumbol	Traditional Knowledge and Nutritive Value of Indigenous Foods in the Oraon Tribal Community of Jharkhand: An Exploratory Cross-sectional Study	This study helps to step towards documenting the nutrient rich indigenous foods in this tribal community which could be used for quantification of nutrient intake in this community.	2015
Mandari Mary Blah & SR Joshi.,	Nutritional content evaluation of traditional recipes consumed by ethnic communities of Meghalaya, India.	The study revealed that khasis tribes of Meghalaya have their own distinct dietary & food consumption pattern & also it reveals that the nutritional evaluation of traditional recipes which formed main & side dishes are good sources of balanced nutrition	2013
Gitishree Das, Jayanta Kumar Patra, Sameer K. Singdevsachan, Sushanto Gouda & Han-Seung Shin	Diversity of traditional and fermented foods of the Seven Sister states of India and their nutritional and nutraceutical potential :a review.	The study shows that traditional foods, wild fruits, and fermented fruits and vegetables contain a diverse group of prebiotic compounds that attract and stimulate the growth of probiotics. Fermented alcoholic beverages prepared in this region are unique and bear deep attachment with	2016

		socio-cultural lives of local people.	
Ashiho A Mao & N Odyuo	Traditional fermented foods of the Naga tribes of Northeastern, India	This study helps to improve & control the quality of the products & also to overcome the problems faced in the preparation of traditional fermented foods & Its safety considerations.	2007
Bendangnaro Jamir, Chitta Ranjan Deb	Nutritional And Microbiological Study Of Anishi: A Traditional Fermented Food Product Of Nagaland, India	The study revealed that fermented Anishi was more nutritious as compared to raw. It can be consumed not only as food but also as a curative, due to its high nutritional value and antioxidant capacity.	2017
Vijayalakshmi Inamdar, Bharati V. Chimmad and Rama Naik	Nutrient Composition of Traditional Festival Foods of North Karnataka	The study showed that the nutrient computation was varied in the nutrient composition of the traditional festival foods. The nutrient dense foods with high protein, iron, fat, carbohydrate or energy were identified. There were many traditional festive foods low in fat, sodium, carbohydrates and calorific values	2005
ShripadBhat	Importance Of Traditional Food System	The study resulted in the use of fewer species, decreased dietary diversity due to household food insecurity and	2012

		consequently poor health status. knowledge of the traditional food system can change this scenario	
Mevhibe Albayrak and Erdoan Gunes	Traditional foods: Interaction between local and global foods in Turkey	The shows that value of traditional foods is an element of cultural heritage and their protection is important. The contribution of traditional foods to rural development, the increasing demand for them, and their function as an instrument to create a difference on the market are on the agenda	2010
Sofia Boza & Jazmín Munoz	Traditional food products and trade: exploring the linkages	The study results the Consumers are increasing interested in the origin of the products they eat, have, in general terms, a positive attitude toward traditional food and other related categories, such as local food.	2016
A.M.N.T. Adikari & T.Lakmali	A recipe book of traditional Sri Lankan food	The study resulted that the developed recipe book provides traditional recipes with method of preparation and nutrient composition. This may be useful as an educational tool for menu planning for healthy people as well as patients who need special dietary menu planning.	2016

Methodology:

The traditional foods give ethnical identity, providing nutritional benefits. The present study will be conducted on the documentation of traditional foods & their nutrition composition.

Study area: The present will be conducted in the Karnataka state, Karnataka is a state in the south western region of India. The state covers an area of 191,976 square kilometers (74,122 sq mi), or 5.83 percent of the total geographical area of India. Karnataka is the eighth largest state by population, comprising 30 districts.

The state is divided into four physiographic landforms – the Northern Karnataka Plateau, Central Karnataka Plateau, Southern Karnataka Plateau and Coastal Karnataka Region

The Northern Karnataka Plateau covers the districts of Belgaum, Bidar, Bijapur and Gulbarga. The Central Karnataka Plateau is located between the Northern Karnataka Plateau and the Southern Karnataka Plateau. It consists of districts like Bellary, Chikmagalur, Chitradurga, Dharwad, Raichur and Shimoga. The Southern Karnataka Plateau includes the districts of Bangalore Urban, Bangalore Rural, Hassan, Kodagu, Kolar, Mandya, Mysore and Tumkur. The Karnataka coastal belt starts from the Western Ghats in the west and extends till the edge of the Karnataka Plateau in the east. The Karnataka Coastal Region includes the districts of Uttara Kannada and Dakshina Kannada.

Selection of study area: Among all the 30 districts two talukas will be selected randomly to study the traditional foods. It is proposed to select minimum 20 to 30 families of different caste, region and religion.

Religions are Hindu, Muslim, Christian, Jain. Caste are lingayat brahmin, Iyengar, Konkani brahmin, Panchagrama Brahmins, siddis, Jenu kuruba, Nayaka, Beda, Valmiki, Bedar, Vokkaligas, Harijans,Uppara, Ediga,Solaga, Tulu Gowda, Ambiga, Ganiga, Labani Baghban, Beary, Chhaparband, Pinjara, Konkani muslim,

Data collection: Qualitative and quantitative methods is proposed to use for listing and eliciting for commonly consumed traditional foods of Karnataka area, region and district

wise.Free listing is used to assess the range of available foods and the contribution of indigenous foods & traditional foods to the regular diets of the community.

Selection of Tools and Techniques: The information will be collected by adopting different study tools like interview methods, observation methods and questioner methods, method demonstration, result demonstration & using secondary data. The observational methods a corelational non experimental research method is used to check the methods of food processing during the food preparations under natural settings. The interview method is used to collect the information regarding ingredients used for the traditional food preparations, methods of processing, ways of handling the ingredients etc. The questioner schedule includes details of family background, region, religion, education background, frequencies of preparation name of the traditional food, ingredients used and method of preparation etc. Method demonstration teaching method used to communicate an idea to someone how to make or do something in step by step process. Result demonstration is a method of motivating the people for adoption of new practice by showing its distinctly superiors result, result demonstration is method of teaching design to show by example the practical application of established facts (Dubey V K 2008).And the study proposes to elicit information based on secondary data.

Nutrient composition: The nutrient contents of traditional foods will be calculated for one portion size meal following the standard protocol of (Gopalan et al 2017). The parameters analyzed for the raw/uncooked samples includes energy, carbohydrates, total fat, total carbohydrate, sugar, dietary fiber, vitamin A (as beta carotene), thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), vitamin C, calcium, iron, zinc, and folic acid .

Data analysis:

The collected data will be analyzed using SPSS package latest version.

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